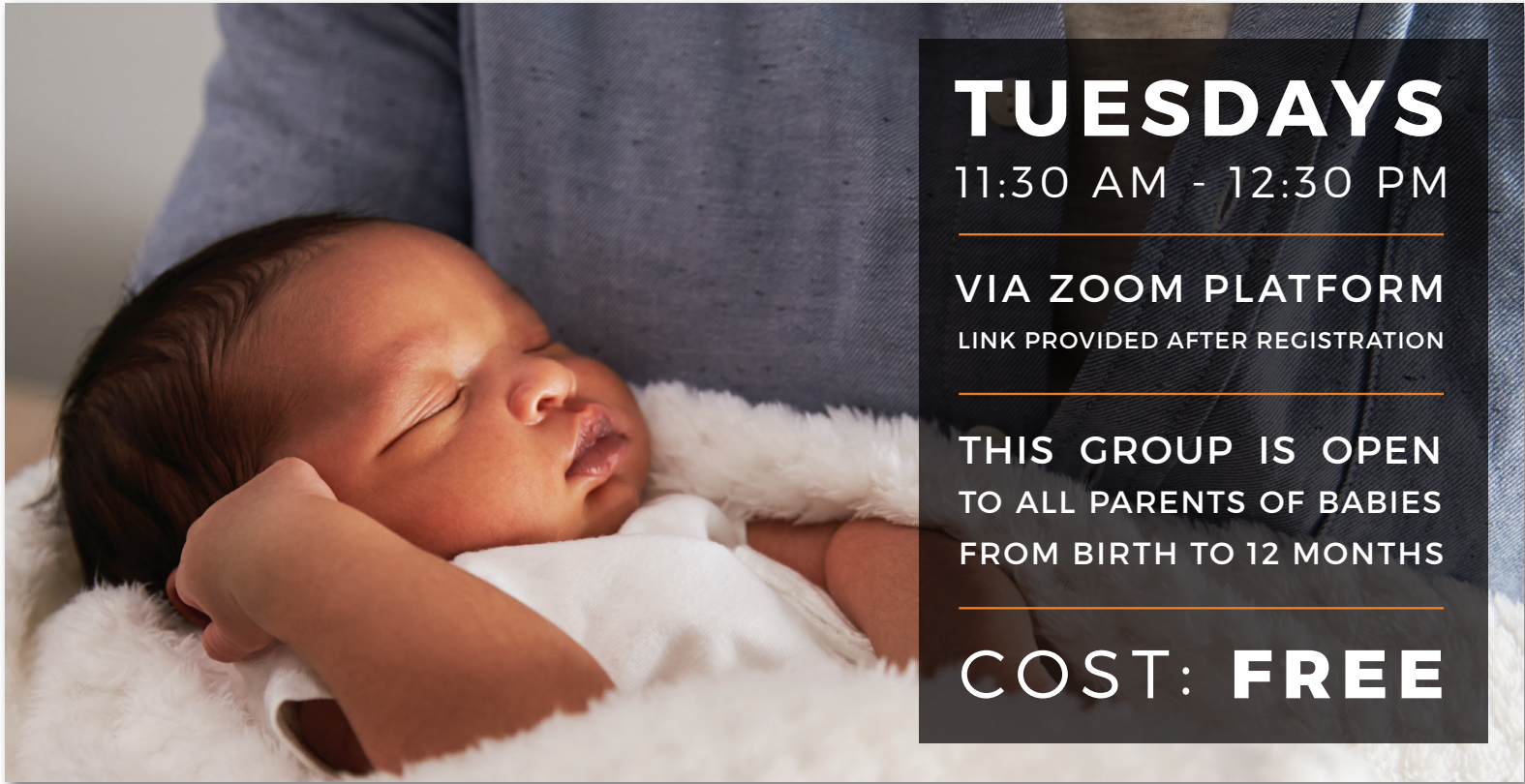




Forty Carrots
Family Center

POSTPARTUM SUPPORT GROUP

A FREE VIRTUAL SUPPORT GROUP FOR NEW PARENTS



TUESDAYS

11:30 AM - 12:30 PM

VIA ZOOM PLATFORM

LINK PROVIDED AFTER REGISTRATION

**THIS GROUP IS OPEN
TO ALL PARENTS OF BABIES
FROM BIRTH TO 12 MONTHS**

COST: FREE

TOPICS DISCUSSED MAY INCLUDE:

Myths vs. Expectations of Parenthood

Managing stress, anxiety and depression

Strategies for overcoming new challenges of Parenthood

'Mom' guilt and balancing multiple responsibilities

Parenting and baby basics

Taking care of YOU

- Support groups will be held virtually using **ZOOM**
- To sign up for individual group dates, please visit the '**GROUPS + REGISTRATION**' page at **FORTYCARROTS.ORG**
- To receive the weekly **ZOOM** links to attend the group each week, please email **THERAPY@FORTYCARROTS.COM**